

# Hawaii MARINE SPORTS

Hawaii Marine C Section

July 18, 2003

## Varsity basketball team takes shot at Regionals

**Cpl. Jessica M. Mills**  
*Combat Correspondent*

The MCB Hawaii Men's Regional Basketball Team departed July 9, for Camp Kinser, Okinawa, Japan, to compete in the Far East Regional Basketball Tournament that began Monday and will be completed Sunday.

The team will compete against six other Navy and Marine Corps regional basketball teams that comprise the Far East region: Marine Corps Air Station Iwakuni, the Naval Hospital from Camp Lester, 3rd Marine Division from Camp Hansen, 3rd Force Service Support Group, 1st Marine Air Wing and MCB Camp Butler.

"Last year, we were overconfident and it got the best of us. We lost to 3rd Marine Division by one point," said Gregory Mitchell,

coach of the MCB Hawaii Men's Regional Basketball Team. "This year, I have to be confident. We can't go to a tournament and not expect to win. The guys are very motivated; they want to win."

One of the main purposes of the tournament is to choose Navy and Marine Corps players to compete at the All-Marine Basketball Trial Camp held aboard MCB Camp Lejeune, N.C., July 27 - Aug. 15.

"All the coaches have to scout the games and choose the top ten players from teams other than their own," said Mitchell. "Whichever players have the most votes will be chosen as the All-Marine Trial Camp nominees."

There are a total of 14 coaches scouting for the All-Marine Team. They look at players from the West, East and Far East Regional

Tournaments. Only six new players are sent to the trial camp from each regional tournament, as well as the previous year's All-Marine team members.

This is just the beginning of a long process which goes all the way up to the World Games," said Mitchell. "And it's also the first step in an experienced player's Marine Corps sports career."

Once all the players for the All-Marine team are chosen, they will compete in the Armed Forces Tournament, also held at Camp Lejeune, Aug. 16 - 24.

Whichever armed service wins the Armed Forces Tournament will be headed for the World Games in Catania, Italy, Sept. 13 - 23.

"The regionals are the world to us," said Mitchell. "It's the biggest thing in our life, aside from the Marine Corps."



Cpl. Jessica M. Mills

The MCB Hawaii Mens' Regional Basketball Team departed July 9 for the Far East Regional Basketball Tournament in Okinawa, Japan.



Cpl. Jessica M. Mills

Craig Stafford, the base intelligence chief for G-2, played golf for the first time during the Staff NCO Club Golf Tournament, July 9, at the Kaneohe Klipper aboard MCB Hawaii, Kaneohe Bay. Stafford winds back to attempt to drive the ball toward the green on the back nine of the tournament.

## SNCOs relate on the green



Cpl. Jessica M. Mills

Patrick Kaiahua, the safety environmental manager for CSSG-3 tees off at hole 13, overlooking the ocean.

**Cpl. Jessica M. Mills**  
*Combat Correspondent*

In honor of the grand reopening of the newly renovated Staff Noncommissioned Officers Club, the Kaneohe Klipper sponsored a Staff NCO 4-man, best-ball scramble golf tournament, July 9 aboard MCB Hawaii, Kaneohe Bay.

The tournament was open to all staff noncommissioned officers of all services, as well as family members and retired military members. More than 100 golfers joined in the celebration and spent a day trudging the greens of the Klipper.

"We are promoting camaraderie for the Navy and Marine Corps team," said Bill Thompson, leading chief petty officer for Marine Corps Air Facility. "And this gets the staff NCOs out on a nice day together, to enjoy a good game of golf while raising funds for their club."

To raise the stakes a little, sponsors of the event offered prizes for the winners and for the blind draw that followed the tournament.

First Command Financial Planning Corporation sponsored a

\$10,000 cash prize for a hole-in-one. One of its representatives stood by and watched to see if anyone actually could make the shot. Unfortunately, no one did.

Ted Campbell, Lon Kinder and Danny Shaw, all guests; and Rick Fode, the safety HAZMAT officer for Facilities, comprised the first place team, which won a round of golf at Luana Hills Golf Club for their score of 56.

Clint Tolbert, the superintendent of the Kaneohe Klipper; Louie Burnett, the irrigation superintendent at the Klipper; David Yasumura, a guest; and Bill Montgomery, a cart barn laborer at the Klipper, took their chances on their own course and won second place in the tournament.

Greg Heath, an Air Force retiree; David Baptist, a family member; Dave Burnett, a former Marine; and Bob Cothren, a family member, plucked third place.

Jason Carson won for the longest drive, claiming his prize of a hat, golf balls and motivational artwork

See GOLF, C-6

## Major League Rookie League sticks to basics

**Cpl. Jessica M. Mills**  
*Combat Correspondent*

In an effort to build a bridge between tee ball and live-pitch baseball, MCB Hawaii's youth sports program kicked off its inaugural Major League Baseball Rookie League season Saturday at the "C" Street Field aboard MCB Hawaii, Kaneohe Bay.

The Rookie League is a noncompetitive program designed for all children to succeed and get the opportunity to be part of a team while their families cheer them on.

What makes the league different from other youth baseball teams in the area is that it offers children a chance to learn the basics of baseball by using a pitching machine in place of a live pitcher.

Using a pitching machine minimizes injury to young pitchers, and much of the fear of being hit by a stray ball, since its strike zone is 99 percent accurate. It also eliminates walks and keeps the batters in the box, allowing the players to have more confidence at the plate and develop more rapidly.

Studies have shown, according to the Rookie League Program, that pitching machine players have more opportunities to learn hitting and fielding. These players also develop superior defensive skills.

The Rookie League concept has been endorsed and sponsored aboard MCB Hawaii by Major League Baseball, the National Association of Professional Baseball Leagues, and the Boys & Girls Clubs of America.

The rules of the league games are simple. Each game can last seven innings or 90 minutes, whichever comes first. Players are allowed five pitches. If they do not make a hit by the fifth pitch, the play is considered an out.

The pitches are thrown by an automated pitching machine, which is similar to an underhanded, slow pitch.

There is no leading, sliding or stealing. The players are only learning the simple basics of the game, since many of them have never been exposed

See ROOKIES, C-6



Cpl. Jessica M. Mills

Anaheim Angels first baseman Daniel Dabu, 7, waits for the throw to tag out Dodgers player Mandy Scholz, 7.

# BASE SPORTS

**Edward Hanlon V**  
*MCCS Marketing*

## MCCS Sponsors the ‘101 Days of Summer’ Campaign

Marine Corps Community Services and MCB Hawaii are sponsoring the “101 Days of Summer,” a drug and alcohol prevention campaign, from now until Sept. 21.

This campaign is designed to create a summer-long program to reduce illegal drug use and to promote responsible use of alcohol, while encouraging participation in healthy alternatives.

Contact Mr. Quentin Redmon, Substance Abuse Counseling Center drug demand coordinator, Bldg. 579, or call 254-7636, for more information.

## Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby

Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash. Then, an armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

Marines will return to their assigned duty stations upon completion of the Armed Forces Rugby Championships. If selected for the armed forces team, a message will be sent to the Marine’s command requesting additional duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. However, resumes must include the past two year’s playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at [www.usmcmccs.org](http://www.usmcmccs.org), and they must be sent through local Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes can be faxed to the attention of Marine Corps Sports at (703) 784-9822.



## CSSG-3’s 9th Annual Swamp Romp Returns July 26

Hawaii’s dirtiest race — the Swamp Romp — is right around the corner, so register early or get your position determined on a first-in, first-out basis.

Registration forms are available now at the Semper Fit Center for this CSSG-3 event.

The cost is \$90 per six-person team.

Call 254-7590 or 254-7592, and get ready to get dirty.

## Youth Activities Presents New Hockey Program

Registration starts Saturday for hockey at Youth Activities,

Bldg. 5082, for its new program.

Sponsored by the Hockey Equipment Program in conjunction with the Ice Palace, children will be provided free ice hockey gear and skating lessons. Practices and games will go at the Ice Palace.

Cheerleading, in-line hockey, and flag football will kick off in August. Registration also begins Saturday for these activities at Youth Activities, and birth certificates must be provided.

Volunteer coaches are needed for all three activities. For more information, call 254-7610.

## All-Marine Volleyball Selection Goes in August

The All-Marine Men’s Volleyball Trials Camp will be held Aug. 3 - 24 at Marine Air Ground Combat Center, 29 Palms, Calif. Then, the Armed Forces Men’s Volleyball Championships will be held Aug. 25 - 31 at Schriever Air Force Base, Colo.

Then, the Armed Forces Championships will be used to select the armed forces team that will compete at the World Games in Catania, Italy, Sept. 13 - 23.

Interested Marines must submit resumes no later than July 19. Resumes must contain command endorsement stating that you will be made available to attend all events if selected.

Resumes can be found at [www.usmc-mccs.org](http://www.usmc-mccs.org) and must be sent through local MCCS Semper Fit athletic directors.

If there is no local MCCS Semper Fit director, resumes can be faxed to the attention of Marine Corps Sports at (703) 784-9822.

## Paintball Takes Aim

Let your “inner-predator” come out to play. Spend a day practicing your combat skills with Paintball Hawaii.

The paintball field is open Fridays, appointment only; Saturdays, 9 a.m. - 5 p.m.; and Sundays, noon - 5 p.m.

The cost is \$25 per person for all-day entry, and includes your first air fill and equipment rental. Cost is only \$10 if you bring your own equipment.

Paintballs are available for \$50 (2,000 rounds.) All day is \$10 after first air fill. Special unit training groups are welcome; their cost is \$20 per person (minimum five people.)

For more information, call 265-4283.

## Intramural Leagues Battle

Intramural sports teams are still battling every week to decide who’s best.

Softball goes every Monday, Tuesday and Wednesday at 6, 7, and 8 p.m. at the Annex or Riseley field.

Intramural volleyball goes every Thursday and Friday starting at 6 and 7 p.m.

Intramural 30 and Over basketball goes every Monday and Wednesday at 6 and 7 p.m.

For more information, call 254-7591, or 447-0498 at Camp H.M. Smith.

## Adventure Training Makes PT Fun

“Adventure Training” is designed to promote unit cohesiveness and enhance confidence in the water. It is a fun alternative to regular unit workouts.

Learn different water sports and conduct PT at the same time.

Classes are offered in scuba, kayaking, power boating and water skiing — at no charge to all MCB Hawaii units.

Training noncommissioned officers and staff noncommissioned officers should call 254-7667 for more information.

## Water Aerobics Makes Waves at Base Pool

For a change of pace, enjoy exercise with Water Aerobics at the base pool.

At only \$2 per class, it’s a cost-effective exercise program. Or, buy a book of 10 class coupons for only \$15.

Classes are offered on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m., Tuesday evenings from 5 to 6 p.m. or Saturdays from 10 to 11 a.m.

For more information, call 254-7655.

## Bowlers Strike Savings at K-Bay Lanes

Bowling is back "with attitude!"

Monday through Thursday, E-5 and below can bowl for \$1.50 per game with free shoe rental at K-Bay Lanes.

For more strike saving information, call the Kaneohe Bay lanes at 254-7693.

# Base All Stars

**NAME:** Shawne Hampton

**TEAM:** Anaheim Angels

**SPONSOR:** Major League Rookie Baseball League

**SPORT:** Baseball

•Hampton is an 8-year old, third grader at Mokapu Elementary School.

•During the inaugural games of the league, Hampton slammed three pitches into the outfield.

• He scored three out of four runs in the game.

•He hit the only triple in the game during the top of the fifth.

•He has also played on the Pony League in Waimanalo.



Cpl. Jessica M. Mills

*“I like everything about baseball, but especially running, hitting and being in the outfield.”*

# COMMUNITY SPORTS

## State Offers Free Recreation Classes

Education classes are being offered by the Hawaii Department of Land & Natural Resources. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care, and outdoor responsibility.

Attendance at two sessions is required for certification, and classes are open to anyone 10 years or older who enjoys the outdoors — not just hunters.

The next two-day session is today from 5:45 - 10:15 p.m. and Saturday from 7:45 a.m. - 4 p.m. at the Nimitz Business Center, Rm. A-212A. (The classroom is the first room on the right.)

All participants are required to provide picture identification at the door. For more information, call 587-0200.

## Hale Koa Hotel Sponsors Athletic Events

•Are you between 9 and 15 years of age? Can you swim 200 yards? If the answer is “yes,” you could become a junior lifeguard!

The Hale Koa’s Junior Lifeguard Program focuses on CPR, preventative

lifeguarding, pool and beach lifeguarding, rescues, sea life, snorkeling, surfing and more. A junior lifeguard T-shirt is included with registration.

The advanced sessions go Monday - July 25 and Aug. 4 - 8; all classes are Monday through Friday from 9 a.m. to 2 p.m. and cost \$70.

All participants need to bring their own goggles, mask, fins, snorkel, swimsuit, sunscreen, towel and lunch.

•The Hale Koa is also offering a tennis camp Aug. 4 - 8 from 10 a.m. to 3 p.m. for ages 12 - 16; its cost is \$225 (which includes lunch).

Solid fundamentals and extensive match play are required. The camp will emphasize point strategy, mental toughness, footwork, fitness and match readiness, advanced drills, and match play.

Enrollment is limited, so sign up today by calling 955-0555, ext. 155.

## K-Bay Rod and Gun Club Seeks New Members

Are you interested in hunting, fishing, shooting, or conservation activities? If so, the K-Bay Rod and Gun Club could be an outlet for you.

The club meets the second Tuesday of each month at the Bachelor Officer

Quarters’ meeting room, at 7 p.m.

For more information, contact Wallace Heyer at 254-5739.

## Pearl Harbor Clinic Presents ‘Sports Physical-A-Thon’

Parents and children should catch the 2nd Annual School and Sports Physical-A-Thon, July 26 from 7 a.m. - 1 p.m. at Makalapa Branch Medical Clinic, Pearl Harbor.

The event will be a fun-filled time for Tricare Prime Beneficiaries in grades K - 12, and will include a Keiki Health Fair and entertainment.

Parents will need to bring their child’s school or sports physical forms and their child’s medical record and yellow shot card in order to be seen. Plus, be sure to have your child attend wearing gym attire.

Parents can have their child’s PPD shot administered on Wednesday and then read on July 26. Or, parents can have the child’s PPD administered on July 26, with a follow-up reading on July 28 at the Branch Medical Clinic at MCB Hawaii, Kaneohe Bay.

A last option is to take advantage of a “drive-thru” reading at the Navy Exchange Mall from 10 a.m. - 6 p.m.

For more information on the clinic, call

473-0247.

## Boat Festival Calls for Paddles

The 8th Annual AT&T Hawaii Dragon Boat Festival registration has begun. Teams can sign up to paddle in the boat races to be held at Ala Moana Beach Park Aug. 9 and 10.

Companies, clubs and team-spirited clans who can round up at least 18 paddlers qualify to compete in the races. All teams entered in the race will be supplied with boats, paddles and steersmen, and receive approximately three practice sessions.

For more information, call 951-0350.

## Horse Association Schedules Classes

Horse fans, the Aloha State Games have scheduled English Classes on Saturday, and Western classes and Play Day on Sunday.

There will be a class with music and an event with two or more teams performing certain maneuvers in a freestyle musical class. There will also be an agility course with five obstacles to make the event more challenging.

For more information, log onto [www.alohastategames@aol.org](mailto:www.alohastategames@aol.org).

## SPORTS AROUND THE CORPS

# Team Marines win again, in Chicago

**Sgt. Jimmie Perkins**  
*Marine Corps  
Recruiting Command*

CHICAGO, Ill. — Bobby Hamilton Jr., driver of the No. 25 Team Marines Ford, and Team Marines Racing chalked up another victory in the Tropicana Twister 300 NASCAR Busch Series Race before a packed grandstand of race fans July 12 at Chicagoland Speedway.

"To see that Eagle, Globe, and Anchor come screaming by at speed is an electric thrill that only endears us more to the people of this nation," said Capt. Steven Lowery, Marine Corps Recruiting Command. "Seeing it in Victory Lane further solidifies our place in the hearts and minds of our country and its young people.

"I think that the NASCAR program is a tremendous benefit to our marketing program and the recruiting effort in that it serves as an exciting weekly reminder to the country of just who we are and what we are about."

Hamilton dominated from start to finish, leading 186 of the 200 laps in the race.

"This Team Marines Ford was

awesome today; I have never had a car like this before. We were on cruise control all day long," Hamilton said. "I have to give all the credit to Harold Holly and the entire Team Marines Racing Team for this win. I also want to dedicate this win to all the U.S. Marines that work so hard to defend our country."

By the time a caution was called on lap 150, Hamilton held a 15-second lead over the next closest competitor. He maintained his dominating performance throughout the day, and when the checkered flag waved, only five cars were on the lead lap.

"It's really, really special," said Ed Rensi, team owner. "We have got a lot of young Marines that are scattered around the world right now, defending our country. To be affiliated with the United States Marine Corps is a very special thing any time."

The Corps has maintained a marketing partnership with NASCAR since 1999. Now in its fourth year, this association is showing the fruits of its labor with plenty of national exposure for both Team Marines Racing and the Marine Corps with their second victory in four races.



Courtesy of TMR Racing  
**Bobby Hamilton Jr. celebrates the No. 25 Team Marines victory in the Tropicana Twister 300 Busch Series Race at Chicagoland Speedway on Saturday.**

"The team has truly evolved into a winning combination," said Capt. Robert Geiger, Marine Corps Recruiting Command. "The hard work and commitment by the entire team has paid off with two victories in less than a month."

The win was Hamilton's sec-

ond of the year and third of his Busch Series career. The win moves Hamilton within 157 points of the Busch Series Championship leader, Scott Riggs.

"I think it's very clear to the young race fans what the message is when it's our car in vic-

tory lane — winning and the Marine Corps go hand-in-hand," said Lowery. "For my first time seeing the team in action, a victory was a great introduction but I was even more impressed by the teamwork, dedication and determination of the entire racing team."

# Golf swing adjustments are good for ‘improved ball carry’

**NAPS**  
*Featurettes*

Every golfer strives to hit the ball as far as John Daly at least once in his life.

Daly, who won the 1991 PGA Championship and the 1995 British Open, is considered one of the greatest drivers in the game's history. In fact, between 1991 and 2001, he led the PGA in driving distance 10 years out of 11.

Each year, at more than 400 sites around the world, thousands of golfers try to emulate Daly in long drive championships. IBC, the official soft drink of the long drive championship has teamed up with Art Sellinger, two-time winner National Long Drive Championship, to offer the following tips to help add power to your swing and distance to your drives:

•**Grip it, don't choke it.** Holding the club too tightly diminishes power and distance. Your grip should be firm, not tight. Too much tension wrecks tempo and ruins any chance of making a smooth accelerating swing.

•**Keep your left arm soft.** Too rigid a left arm at the top of the swing causes players to pull down on the handle. That slows the club's speed and can lead to open face at im-

pact. A slight flex in the left arm allows a player to generate more clubhead speed and distance.

•**Chin up for extra power.** By approaching the ball with your chin in the proper position — your fist should fit between your chin and the top of your chest — you'll be able to swing freely and powerfully with no restrictions at impact.

•**Maximum distance from less-than-maximum effort.** Driving with 85 percent effort versus an all-out max will produce several positive results. At 85 percent effort, you have a better chance of hitting the ball flush on the sweet spot of the driver. The properties of torque and flex built into the shafts of today's drivers perform best when the club isn't swung as hard.

•**Hit through the ball, not at it.** Let the ball get in the way of your swing. Don't lose momentum once you've made impact with the ball. A solid swing should be one continuous motion, with the speed created on the backswing and enhanced by centrifugal force on the downswing, finally reaching a peak immediately after impact.

To get more distance from your drives, try adjusting your swing.



# Soccer mom is wanted

**NAPS**  
*Featurettes*

Soccer moms are charged with shuttling their kids from game to game, keeping up a hectic schedule and still finding time to make sure their kids eat right. It's a tough challenge that deserves to be rewarded.

One lucky mom will be recognized for her efforts and awarded the title of America's Ultimate Soccer Mom. She's the one who goes the extra mile — including keeping her kids properly fueled with milk.

While young children and teens are more active than ever, their diets remain dramatically low in calcium. About nine out of 10 girls, and seven out of 10 boys, aren't getting the calcium they need on a daily basis. What many moms don't realize is that there's an easy solution that kids will love, flavored milk.

Not only does flavored milk taste great, it has the same nine essential nutrients as regular milk, including calcium and protein. A recent study published in the Journal of the American Dietetic Association found that drinking flavored milk helps kids increase their calcium intake without increasing total added

sugar in their diets. Flavored milk drinkers in the study also consumed fewer soft drinks and juice drinks.

To honor moms who teach their kids the value of good nutrition, including drinking at least three glasses of milk a day, world champion soccer star and "super" mom Joy Fawcett is teaming up with the Got Milk 3-v-3 Soccer Shootout Tour to search for the Ultimate Soccer Mom.

"As a soccer player and a mom I know how important it is for my kids to include milk in their diets," says Fawcett. "My kids love the taste of chocolate milk, and I'm happy to give it to them because I know they're getting the vitamins, minerals and protein they need to stay active."

The "Ultimate Soccer Mom" car-pools her kids to games, cheers from the sidelines, and, of course, fuels her athletes with milk. Kids can "mom-inate" their mom for top honors at the Got Milk 3-v-3 Soccer Shootout or online at [www.whymilk.com](http://www.whymilk.com).

The national winner and her family will win a special trip, a minivan and star in their own Got Milk ad.



# spotlight on health

## Truth about multivitamins comes to light

**NAPS**  
*Featurettes*

Acclaimed biochemist Andrew Lessman has news for people who think one-a-day multivitamins improve their overall health. These mass-market products may not offer the amounts of daily vitamins and minerals research says you need to truly make a difference in your life.

As a former food and drug lawyer with over 24 years as a vitamin manufacturer, Lessman is familiar with nutritional products. He says many multivitamins contain unnecessary additives.

Lessman offers some tips for picking a multivitamin to accomplish your health goals:

- Choose capsules over tablets. Capsules are generally better delivery mechanisms that provide more efficient absorption. They are less likely to cause stomach upset than tablets.
- Look for pure ingredients. Most products contain manufacturing additives such as lubricants and binders, which may reduce the potency and effectiveness of the supplement.
- Don't be fooled by a fancy cover. The same wax used for automobiles is also used to coat many vitamin tablets to make them look shiny and more appealing. Unnecessary coloring is also often used to make vitamins "prettier."
- Read the labels. Beware of products that promise to meet all your needs. Calcium or vitamin C alone can each represent one entire pill.
- Don't believe hype. Just having the ingredient on the label doesn't mean the product will work. For instance, many Ginkgo supplements don't have the 120 milligrams that research suggests may help memory performance.

When it comes to your health, there is no cure-all magic pill or potion that will work without proper diet and exercise. Taking a multivitamin or taking even the best weight-loss pill while you're eating a terrible diet and not exercising will not help you lose weight or make you any healthier.

Applying these standard procedures can significantly help you if you're considering nutritional supplements in your quest for a healthier life.

"My goal is to help people improve the quality of their lives for the rest of their lives, not just today," says Lessman. "I'm confident that people can discover a longer, healthier, happier life."

## Protecting your skin is vital

**NAPS**  
*Featurettes*

Warmer weather is here, and it's only natural to want to spend more time in the sun.

Unfortunately, the hot summer sun is your skin's worst enemy. Basking in the sun, especially without protecting your skin, can lead to unsightly wrinkles, premature aging and worst of all, life-threatening skin cancer.

Fortunately, there are many things you can do to guard your skin this summer.

"Protecting your skin from sun damage doesn't have to mean locking yourself indoors all season. You can enjoy the warm weather and protect your skin at the same time by taking a few simple precautions," said Rite Aid pharmacist Sarah Matunis, R.Ph.

### Sun Safety Tips

- Try to avoid exposure to the sun when UV rays are strongest, generally between 10 a.m. and 4 p.m.
- Use sunscreen with a sun protective factor of at least 15, even on cloudy days. For children, an SPF of 30 or higher is best. Reapply it at least every two hours — always after swimming, perspiring or playing vigorously.
- Wear UV-protective sunglasses and loose-fitting clothing that covers as much of your skin as possible. Protect your lips with a balm with sun block.
- No shadow? Seek the shade! If your shadow is shorter than you are, you're likely to sunburn.



Cpl. Jessica M. Mills

**Families can enjoy a fun day at the Officers' Club pool aboard MCB Hawaii, Kaneohe Bay. Parents always need to remember to lather the sunscreen on their children and themselves.**

If you take medication, ask your doctor if it could make you more sensitive to sunlight. Some drugs interact with ultraviolet or visible light, increasing sun-sensitivity and causing greater risk of sunburn, age spots and wrinkles.

Sun-sensitive chemicals can also be found in herbal and other health and beauty products. Ask your pharmacist what types of products may cause this adverse reaction.

**Fun in The Sun**

Through the National Association of Chain Drug Stores' Sun Safety Alliance, pharmacists are ready to give parents the latest tips and resources to teach kids to block the sun and still have fun outdoors.

"Just one bad, blistering sunburn as a child can double the chance of developing skin cancer later in life," added Matunis.

"The single most important thing you can do for your skin is to wear sunscreen daily."

## AHA shares tips to enjoy a safe summer

**NAPS**  
*Featurettes*

With school breaks, sunny skies, swimming pools and vacations, the warm weather months are a time to focus on safety and first aid for the entire family. Several tips from the American Heart Association can help you treat

emergencies throughout the summer and all year long.

### Water Safety

- Keep a constant watch over infants and children who are swimming. A child can drown in minutes, even in shallow water.

- Be prepared to perform CPR. Drowning is a leading cause of death in infants, children and adolescents.
- A child's ability to swim doesn't make him or her "drown-proof."

See VACATION, C-5

# Vet visitations nip pet problems in the bud

**NAPS**  
*Featurettes*

Every year, pets and their owners visit the veterinarian, both for preventive pet health care and to deal with injuries and illnesses. However, proper at-home care may prevent minor problems from turning into more serious ones.

For example, proper first aid procedures such as keeping minor wounds clean and applying anti-septic ointment can help prevent infections. Some problems may be detected — and treated — early by examining your pet weekly for lumps, bumps and skin irritations.

Regular bathing and grooming helps prevent many skin irritations and reduces the chance of infection. Upset stomachs can be prevented by not feeding table scraps to dogs. Regular brushing can prevent hairballs in cats. And proper weight control and a balanced diet can lower the incidence of diabetes and inflammation of

the colon.

No matter how careful pet owners are, there will be times when pets have to visit the vet.

Currently, there are more than 61 million dogs and 68 million cats in U.S. households. More and more pet owners consider their pets part of the family. As responsible pet owners, they readily turn to veterinary care for their ill or injured family members.

Many treatments for animal disease and injury have become very sophisticated. More serious conditions such as broken bones or cancer can cost hundreds or even thousands of dollars, especially when the services of a veterinary specialist are needed.

"Considering that 61 percent of dog owners take their pets to the veterinarian two or more times per year, it really does make economic sense to insure pets," said Jack L. Stephens, DVM, founder and chief executive officer of Veterinary Pet Insurance.

Stephens founded the company so that "pets can live longer, healthier lives despite economic factors."

From minor problems to life-threatening situations, insurance makes necessary care and high-tech treatments more affordable. Policies cover dogs and cats from 8 weeks of age and older. There is no upper age limit.

Rates for dogs and cats are based on species, age of the pet, geographic location and the plan type selected. Birds are insured from 3 months of age and must be in the owner's possession for a minimum of 60 days. Rates are based on the size of the bird. Rabbits and other exotic pets must be in the owner's possession for 60 days to be eligible for coverage.

Rates for exotics are based on the type of pet insured. The insurance pays for office calls, prescriptions, treatments, lab fees, x-rays, surgery and hospitalization for covered medical problems.



Cpl. Jessica M. Mills

**Lee Sloan, a family member, took her dog Amy Joy to the veterinary clinic aboard MCB Hawaii, Kaneohe Bay, where Army Veterinarian Col. John Belfrage checked her vitals.**

# VACATION: Safety doesn't take a break during summer



Cpl. Jessica M. Mills

**Elizabeth Scott and Sally Maxwell, family members, sit and relax on the side of the Officers' Club pool aboard MCB Hawaii, Kaneohe Bay, and watch as their children play in the pool beside them.**

From C- 4

### Vacation Safety

- Be prepared to give your location to a 911 dispatcher, especially if you're in a new place.
- Treat a minor burn by rinsing the area with cool water for 15 to 30 minutes. Then cover with clean gauze. If the burn is severe, call 911 and remove clothing or jewelry if it's not stuck to the skin.
- Apply direct pressure to a cut to stop bleeding. Use a clean bandage.
- To treat minor injuries, put a sealable plastic bag of ice on the injured area and place a towel or cloth between the ice and skin. Take a five-minute break every 20 minutes so the skin doesn't get too

- cold.
- Perhaps the most important thing you can do is to disregard many of the "old wives' tales" about first aid that have cropped up over the years. For instance, the following are myths:
- Don't apply butter, lard or lotion to a minor burn.
  - Don't cut the skin and "suck the venom" out of a snakebite. Instead, call 911 and wash the bite with soap and water.
  - If someone suffers a high-voltage electric shock, don't try to move him or her until the power is turned off. If the voltage is high enough, it can travel through supposedly nonconducting materials, such as wood or other nonmetal objects. Surf the Web site, [www.americanheart.org/cpr](http://www.americanheart.org/cpr).



Cpl. Jessica M. Mills

**Craig Stafford, the base intel chief for G-2, practices his swing during the Staff NCO Golf Tournament July 9 at the Kaneohe Klipper.**

*GOLF, From C-1*

donated by “Successories” and the Military Service Organization.

The most-celebrated winners were Debra McGee, the weather chief for Marine Corps Air Facility; and Matthew McGee, operations chief for the Provost Marshals Office. They won last place with a score of 94 and were awarded golf lessons.

Other prizes were awarded to golfers closest to the hole.

Those who bought muligan during the tournament were entered into a blind drawing for other prizes, including free rounds of golf, hats and artwork.

Following the tournament, spouses were invited to a sneak peak of the Club while the golfers continued to complain about their handicaps.

"This was a great day," said Chris Hanzelka, the maintenance operations motor technician representative for Combat Service Support Group 3. "We are out here golfing instead of working."

“What could be better?”



Cpl. Jessica M. Mills

**Natalya Kelley, 8, a player for the Dodgers, focused on the ball as the pitching machine threw another strike.**

*ROOKIES, From C-1*

to the game before.

During the inaugural game of the Anaheim Angels versus the Dodgers, in the 7-9 division, players spent most of the time listening to their coaches about what plays to make and how to react. They received plenty of guidance about their batting stance and follow through by both their coach and the opposing teams.

“This league is not about competition, We want all the children to develop the basic skills, not just ours,” said Shondra Hampton, the recorder for the Anaheim

Angels and family member. “We teach them what being a team player means, and what patience and good sportsmanship is.

“A lot of these kids are first time players, so we continue to encourage them. This is where it all starts, so you have to be a little more patient with them. It’s not about yelling at them or making them compete; it’s just about learning.”

The league is separated into two divisions: the 5-6 year olds and the 7-9 year olds. Each division has two teams, so they continuously play against one another. This helps make the children more comfortable, al-

ways seeing familiar faces.

The league’s season runs for six weeks, with a game every Saturday. Most of the teams practice twice a week, depending on the team’s schedule. This season has seven scheduled games, and ends Aug. 23.

“It’s really good for our service members. It’s free for Youth Activities members and only \$10 for non-members. And that includes a free shirt, hat and glove,” said Clark Abbey, the youth sports director aboard MCB Hawaii. “Everyone seems to be happy with the league, and it looks like we may implement it into the regular baseball season.”